

I break into dance whenever the mood and music move me. I won't let my HIV rob me of anything in life. I know that staying in care and on treatment helps me to be the best mother, wife, and HIV prevention educator I can be. I tell other HIV-positive women: All the fear that you have can be overcome. Every day I wash down my pills with a prayer. I'll continue to do so until my dying day—and HIV will not be the cause of it.







Get in care. Stay in care. Live well. cdc.gov/HIVTreatmentWorks